

For your Service Members,
Patients, and Civilian Staff...

Including:

- Physical Activity
- Overweight & Obesity
- Tobacco Use
- Substance Abuse
- Responsible Sexual Behavior
- Mental Health
- Injury & Violence
- Environmental Quality
- Immunization
- Access to Health Care

March 2006

Health and Wellness Resource Manual

Navy Region Midwest

Table of Contents

Base Map	3
Introduction	4
I Physical Activity	5
II Overweight & Obesity	8
III Tobacco Use	10
IV Substance Abuse	12
V Responsible Sexual Behavior	15
VI Mental Health	18
VII Injury & Violence	21
VIII Environmental Quality	24
IX Immunization	26
X Access to Health Care	28

Naval Station Great Lakes



Introduction

This Manual is intended for Navy Region Midwest commands to utilize in improving the health and readiness of their workforce. The Manual is organized by Leading Health Indicators, as described in Healthy People 2010: Understanding and Improving Health. The Leading Health Indicators reflect the major public health concerns in the United States. They illuminate individual behaviors, physical and social environmental factors, and important health system issues that greatly affect the health of individuals and communities, including those within the military.

LEADING HEALTH INDICATORS

PHYSICAL ACTIVITY

TOBACCO USE

RESPONSIBLE SEXUAL BEHAVIOR

INJURY AND VIOLENCE

IMMUNIZATION

OVERWEIGHT AND OBESITY

SUBSTANCE ABUSE

MENTAL HEALTH

ENVIRONMENTAL QUALITY

ACCESS TO HEALTH CARE

What are the major health concerns of the Military?

The 2002 *Department of Defense Survey of Health Related Behaviors Among Military Personnel* is the eighth in a series of surveys of active-duty military personnel conducted in 1980, 1982, 1985, 1988, 1992, 1995, 1998, and 2002 under the direction of the Office of the Assistant Secretary of Defense (Health Affairs). The survey assesses aspects of lifestyle choices and behaviors in active duty personnel. Areas identified by the 2002 Survey as needing attention:

- Heavy alcohol use
- Tobacco use
- Overweight
- Hospitalization for injuries
- Workplace stress
- Condom use

The full report is available at www.tricare.osd.mil/main/news/dodsurvey.htm.

How does my command communicate its health and wellness needs?

If commands have particular health and wellness issues *related to the Leading Health Indicators*, CO's should pass that information along via the command's representative on the NRMW Health Promotion Council per **CNSTC/CNRMWINST 6100.1**. POC is Council Chair Mr. Dave Reid 688-2617.

Each chapter in this Manual provides local resources for that topic, lists related policies, and provides information on pertinent training.

All quotes on chapter title pages come from Healthy People 2010.

I. Physical Activity

“Regular physical activity throughout life is important for maintaining a healthy body, enhancing psychological well-being, and preventing premature death.”

The NRMW Health Promotion Council officially promotes fitness-related activities during the months of January, February, and May.

Command Fitness Enhancement programs:

Per OPNAVISNT 6110.1H, commands offer FEP's to meet the needs of all active duty personnel striving for improved fitness. FEP's are designed to increase and maintain cardiorespiratory fitness, muscular strength and endurance, and flexibility; reduce excess body fat; promote year-round fitness and health; and provide nutritional guidance. For information about your command's FEP and other in-house physical readiness activities, contact your Command Fitness Leader (CFL).

Naval Station Fitness Facilities

Call 688-3994 for current fitness program schedule for all MWR-run fitness facilities. Go to www.mwrgl.com for more detailed information about facilities and programs.

Field house, Bldg. 440 Phone: 688-3419

The Field house has both indoor and outdoor basketball courts, a 1/10 mile indoor track, a weight room, 25-meter indoor pool, locker rooms, saunas, and lounge.

The MWR Fitness and Sports Office is located in the Field house, which organizes many intramural leagues, tournaments, and competitions throughout the year. A full aquatics program is also available.

Courts Plus, Bldg 4 Phone: 688-6750

This gym contains basketball, volleyball, and racquetball/walleyball courts, free weights, and a 1/7-mile track. A spacious multipurpose court is available for use by large groups or commands. This facility is also headquarters to Great Lakes Outfitters and The Wall (climbing wall).

Great Lakes Outfitters, Bldg 4 Phone 688-7769

Great Lakes Outfitters is MWR's headquarters for "human powered" outdoor adventure programs, clinics, trips, and more. GLO also provides information on

local area recreation spots. In addition, they rent and sell a variety of outdoor recreation equipment and gear in their retail shop.

The Wall, Bldg 4 Phone 688-7769

Run by Great Lakes Outfitters, The Wall is a 32-foot climbing structure with auto belays for both beginner and advanced climbers. Climbers may go through an orientation class which includes instruction on belaying, harnesses, safety, and tying figure-8 knots.

Great Lakes Fitness Center, Bldg 2A Phone 688-5649

This 12,000 square foot facility is dedicated to providing Sailors with tools for improving their overall health and fitness. A variety of cardiovascular equipment, strength equipment, dumbbells, and a large aerobics area are provided. Group exercise classes currently available: step, yoga, spinning, and Pilates. Massage Therapy is available by appointment.

80-H Gymnasium, Hospital Side Phone 688-3610

Offers basketball and volleyball courts and a 30—yard indoor pool. In addition, exercise machines including free weights, LifeCycles, treadmills, LifeSteppers, and a full line of Life Fitness resistance equipment are available. The Gymnasium also has locker rooms and saunas. The Naval Hospital Command Fitness office is located here.

Use of Naval Station Fitness Facilities for Group PT

CFL or PRT rep must stop at the Field House (Bldg. 440) and fill out a gym reservation form.

Gyms available for group PT: Field House, Courts Plus, 80H
POC is MWR Sports and Fitness Division Director 688-3419

Outdoor Fitness Opportunities (see map on page 3 for locations)

- Oval track on Constitution Field: 1 mile is 6.25 laps
- Pettibone Creek: scenic gravel recreation path starts across the street from the US Post Office (Bldg. 112), and comes out at the lake front by the marina. Approximately .75 miles.
- Sheridan Road bike path: This paved path is not on Naval Station Great Lakes property. The path runs on the west side of Sheridan Road. From the Hospital Gate to the Lake Bluff train station is approximately 2 miles. From the Main Gate to the Lake Forest train station is approximately 4.5 miles.
- History Trail: Starting in spring, 2006, a 2-mile interpretive trail will be open at Naval Station. The trail will begin at the Great Lakes Museum, Bldg. 160, in Camp Barry. The trail, which can only be traveled on foot, features sixteen bronze plaques that describe the establishment and building of the base.

Additional off-base fitness opportunities exist throughout the Lake County Forest Preserve system, including the 33-mile long Des Plaines River Trail. For more information, call 847-367-6640 or click www.lcfd.org.

Civilian Employee Fitness Program

Civilian employees are authorized up to 3 hours a week (non-accumulative and limited to one hour daily maximum) of duty time, when properly requested by the employee, for on-site physical conditioning.

- Naval Hospital civilians: NAVHOSPGLAKESINST 6100.2B
POC: Health Promotion Division 688-2617
- MMSO civilians
POC: Susan Shank 688-3950, ext.6673
- Other commands on base: NTCGLAKESINST 6100.2A
POC: MWR Fitness Manager 688-2171

RELATED POLICY

OPNAV INSTRUCTION 6110.1H, Physical Readiness Program

Download from <http://www.npc.navy.mil/CommandSupport/PhysicalReadiness/>

TRAINING

CFL Training: The NKO (E-Learning) CFL Course is up and running. Course title: CFL Certification - NAVPERSCOM

Course number: CPD-CFL-010

This course is a pre-requisite for the on-site CFL training:

The Command Fitness Leader (CFL) training course is an intensive and challenging overview providing the practical skills necessary to conduct an effective readiness program afloat and ashore. Details, training dates, and locations are available from the Navy Personnel Command website:

<http://www.npc.navy.mil/CommandSupport/PhysicalReadiness/>

In-service Training: The Naval Hospital Health Promotion Division health educators are available to conduct command GMT and in-service training on prevention and physical readiness subjects. Call 688-2617.

RELATED GMT

FY-06 Topic 2-3, Physical Readiness: An introduction to the Navy's Physical Readiness program and the basics of nutrition.

www.nko.navy.mil

AWARENESS MATERIALS

The Naval Hospital Health Promotion Division maintains a stockroom of literature and posters at the Wellness Center, Bldg. 2A. These may be used by commands to conduct in-house displays and campaigns at no cost. Call 688-2617.

II. Overweight & Obesity

“Overweight and obesity are major contributors to many preventable causes of death. On average, higher body weights are associated with higher death rates. The number of overweight children, adolescents, and adults has risen over the past four decades. Total costs (medical cost and lost productivity) attributable to obesity alone amounted to an estimated \$99 billion in 1995.”

The NRMW Health Promotion Council officially promotes overweight and obesity awareness during the months of January, March, and September.

Naval Hospital Nutrition Clinic

688-3446

TRICARE eligible beneficiaries may self-refer to the Nutrition Clinic. Located on 1 East of the Naval Hospital, the Clinic is staffed by registered dietitians. The Clinic offers services for weight management and cholesterol education and control. Galleys may utilize the Clinic's services for healthy meal planning. Clinic staff are available for presentations at local commands.

ShipShape, BUMED-approved weight management program for active duty members. This 8-week behavior change program is offered by the Naval Hospital Health Promotion Division several times a year. Content includes nutrition, exercise, stress management, making healthy choices, behavior modification, and maintaining healthy lifestyles. The format is interactive, with participants setting goals, self-monitoring progress, and

keeping daily food and exercise logs. Facilitators are health educators. Criteria for success is 80% attendance. Command endorsement is required to attend the program. Quota Request Forms are to be filled out by Command Fitness Leader and signed by CO or OIC.
Call 688-2617 for more information.

Navy Nutrition and Weight Control Self-Study Guide

This guide is an educational tool that incorporates all aspects of losing weight safely and effectively. Using this guide in combination with commands' Fitness Enhancement Programs will assist members in staying within BCA standards.

The Guide can be downloaded from:

<http://www.npc.navy.mil/CommandSupport/PhysicalReadiness/Nutrition/>

The Guide is also available for Command Fitness Leaders to order from Naval Logistics Library. Instructions for ordering are at the above website.

Weight Management Support Group

Program is led by a Naval Hospital Psychologist. The program meets once per week. Members receive support as they change lifestyle habits. Members must be TRICARE eligible and must call ahead to the NH Mental Health Clinic at 688-2221 to enroll.

TRAINING

In-service Training: The Naval Hospital Health Promotion Division health educators are available to conduct command GMT and in-service training on prevention and physical readiness subjects. Call 688-2617.

RELATED GMT

FY-06 Topic 2-3, Physical Readiness: An introduction to the Navy's Physical Readiness program and the basics of nutrition.

www.nko.navy.mil

AWARENESS MATERIALS

The Naval Hospital Health Promotion Division maintains a stockroom of literature and posters at the Wellness Center, Bldg. 2A. These may be used by commands to conduct in-house displays and campaigns at no cost. Call 688-2617.

III. Tobacco Use

“Cigarette smoking is the single most preventable cause of disease and death in the United States. Smoking results in more deaths each year in the United States than AIDS, alcohol, cocaine, heroin, homicide, suicide, motor vehicle crashes, and fires—combined.

Tobacco-related deaths number more than 430,000 per year among U.S. adults, representing more than 5 million years of potential life lost. Direct medical costs attributable to smoking total at least \$50 billion per year.”

The NRMW Health Promotion Council officially promotes tobacco prevention and cessation activities during the month of November.

Members may ask about help with quitting tobacco where they normally get their medical care or inquire at the Tobacco Cessation Center, 1st deck of Bldg. 200H. Call 688-4560, ext. 3078. Active duty, retirees, and family members with TRICARE coverage may receive quit medications along with quit counseling one-on-one or in a group format.

DoD staff, other base personnel, and those listed above are eligible to attend group quit classes, offered monthly by the Naval Hospital Health Promotion Division at the Wellness Center. Additionally, commands may request an on-site quit class for their staff. Call 688-2617.

OTHER RESOURCES:

- Free on-line program: American Lung Association Freedom From Smoking
www.lungusa.org/ffs/index.html
- www.smokefree.gov
- Toll-Free Quit Line Illinois: 1-866-QUIT-YES
- Toll-Free Quit Line Wisconsin: 1-877-270-STOP,
1-877-2NO-FUME(Spanish)

RELATED POLICY

SECNAVINST 5100.13C Navy and Marine Corps Tobacco Policy

NTCGLAKESINST 5100.29G Tobacco Use, Cessation, Prevention, and Education

TRAINING

Provider training for cessation counseling within the clinic setting is available:

Smoking Cessation Approaches in Primary Care (1.5 CME)

www.medscape.com/viewprogram/3468

Treating Tobacco Use and Dependence (1.0 CME)

www.medscape.com/viewprogram/3607

In-service Training: The Naval Hospital Health Promotion Division health educators are available to conduct command GMT and in-service training on prevention and physical readiness subjects. Call 688-2617.

RELATED GMT

FY06 Topic 1-2, Drug, Alcohol, and Tobacco: An introduction to the Navy's policy on drug, alcohol, and tobacco.

www.nko.navy.mil

AWARENESS MATERIALS

The Naval Hospital Health Promotion Division maintains a stockroom of literature and posters at the Wellness Center, Bldg. 2A. These may be used by commands to conduct in-house displays and campaigns at no cost. Call 688-2617.

IV. Substance Abuse

“Alcohol and illicit drug use are associated with many of this country’s most serious problems, including violence, injury, and HIV infection. The annual economic costs to the United States from alcohol abuse were estimated to be \$167 billion in 1995, and the costs from drug abuse were estimated to be \$110 billion.”

The NRMW Health Promotion Council officially promotes substance abuse prevention activities during the months of June and December.

Substance Abuse and Rehabilitation Program (SARP), Naval Hospital

688-2190 / 2192

Clinic hours: 0730—1600

The mission of the SARP program is to provide a full range of services for the evaluation and treatment of TRICARE eligible beneficiaries (18 years and older) with alcohol problems. In addition, educational programs are offered for family members and health-care professionals.

Following an initial screening, patients enter the Continuum of Care at the appropriate level and move up or down in treatment intensity, depending on their treatment response. This is accomplished through an Interdisciplinary Team (IDT) process. The IDT consists of a psychologist, psychiatric nurse, medical officer, program manager, chaplain, case manager, counselors, and HM staff.

SARP Treatment Levels

Level .05: 20 Hour IMPACT Course: Intended for personnel who have had some difficulty with alcohol, but do not have an established pattern of abuse.

Level 1: Outpatient: Intended for those individuals who have a pattern of misuse of alcohol and meet diagnostic criteria for substance abuse. Treatment is typically all day for seven work days at a minimum.

Level 2: Intensive Outpatient: Intended for patients who have been diagnosed with alcohol abuse/dependence and have been assessed by the IDT to be within

the appropriate limits for outpatient treatment. This level is used for patients who have been recommended for abstinence-based treatment. The length of treatment is variable depending on individual needs.

Level 3: Residential/Inpatient: Intended for patients who have been diagnosed as alcohol dependent by a Licensed Individual Practitioner and have been assessed by the IDT as requiring a structured 24-hour program. Inpatients are housed in Bldg. 200H. Length of stay is variable.

Level 4: Medically Managed: Patients assessed at risk for withdrawal or requiring immediate medical attention for other disorders will be referred to a medical ward at the Naval Hospital. When stabilized, and after assessment by the IDT, they can be transferred to the appropriate lower level of treatment.

Other SARP Services:

Continuing Care: Group sessions to support the recovery process.

Family Program: Provides information and treatment for family members of the recovery patient.

Outreach: Provides information to other commands in the area about alcohol education GMT's and programs available from SARP.

AA Meetings

Bluejacket Memorial Chapel (Bldg. 3): Fridays 1200—1300

Bldg. 621 Auditorium: Tuesdays at 1900

Naval Hospital SARP (5th deck): Wednesdays at 2000

For more information, contact the NAVSTA DAPA at 688-4217.

Drug /Alcohol Program Advisor (DAPA)

Per OPNAVINST 5350.4C, "The DAPA is the command's primary advisor for alcohol and drug matters and reports directly to the CO or XO."

NRMW/NAVAL STATION 688-2702

NAVAL HOSPITAL 688-4560, ext. 3008

RTC 688-4988

TSC 688-6473

NHCS 688-4438

PREVENT Program

PREVENT, a life skills and personal responsibility course, is a 24 hour class in which participants discuss health and wellness issues, alcohol use and misuse, decision-making skills, communication skills, relationships, family and peer violence, and personal financial management. With personal responsibility and Navy Core Values as cornerstones of the program, participants closely examine their lifestyle behaviors and their associated risks to themselves, their shipmates, their commands, and the Navy, and then decide for themselves what changes, if any they need to make to ensure personal readiness.

PREVENT meets (and exceeds) the criteria for prevention training and attendance can be documented as formal training for personnel. PREVENT classes are offered weekly at Bldg. 236 and at specific command locations.

POC: Trudy Draper 688-6359, Trudy.Draper@cnet.navy.mil

Visit PREVENT online at www.preventonline.org.

RELATED POLICY

OPNAVINST 5350.4C Drug and Alcohol Abuse Prevention and Control

NTCGLAKESINST 5100.29G Tobacco Use, Cessation, Prevention, and Education

TRAINING

ADAMS (Alcohol and Drug Abuse for Managers/Supervisors) is a mandatory one-day course for all E5 and above personnel in first-line supervisory positions. ADAMS for supervisors must be repeated every 5 years. Department of the Navy civilians who supervise military personnel are also required to attend ADAMS supervisor training. This course, offered monthly, is designed to provide Navy supervisors with the skills and knowledge to:

- Be a role model
- Prevent abuse
- Observe individuals under their supervision
- Document evidence of substandard performance or misconduct
- Refer those individuals to the medical treatment facility (MTF) via the command DAPA for assessment
- Fulfill Aftercare responsibilities

POC for this training is Naval Hospital DAPA, 688-4560, ext. 3008

ADAMS Facilitator Training

Offered annually at Great Lakes

POC: NRMW DAPA, 688-2702

DAPA Training

Offered twice annually at Great Lakes

POC: NRMW DAPA, 688-2702

In-service Training: The Naval Hospital Health Promotion Division health educators are available to conduct command GMT and in-service training on prevention and physical readiness subjects. Call 688-2617.

RELATED GMT

FY06 Topic 1-2, Drug, Alcohol, and Tobacco: An introduction to the Navy's policy on drug, alcohol, and tobacco.

www.nko.navy.mil

AWARENESS MATERIALS

The Naval Hospital Health Promotion Division maintains a stockroom of literature and posters at the Wellness Center, Bldg. 2A. These may be used by commands to conduct in-house displays and campaigns at no cost. Call 688-2617.

V. Responsible Sexual Behavior

“Unintended pregnancies and sexually transmitted diseases (STDs), including infection with the human immunodeficiency virus that causes AIDS, can result from unprotected sexual behaviors. Abstinence is the only method of complete protection. Condoms, if used correctly and consistently, can help prevent both unintended pregnancy and STDs.”

The NRMW Health Promotion Council officially promotes healthy sexual behavior during the month of April.

Navy Sexual Health and Responsibility Program (SHARP)

Mission: Provide DON members and family members with health information, education, and behavior change programs for the prevention of sexually transmitted diseases, including HIV, and unplanned pregnancy.

Vision: A DON cultural norm in which sexual responsibility and safety is encouraged, supported, and expected, and a population in which all pregnancies are planned, syphilis is eliminated, and other STD's, including HIV, are prevented.

Goal: Reduce the occurrence of STD's, HIV, and unplanned pregnancy among DON members and beneficiaries to levels specified in selected Healthy People 2010 objectives. Local SHARP POC: Dave Reid, Naval Hospital Health Promotion Division, 688-2617

Naval Hospital Preventive Medicine Community Health Clinic

Provides counseling (by referral) for active duty patients diagnosed with a sexually transmitted disease (STD). Located in the Fisher Clinic (Bldg. 237). Males with symptoms should report to sick call. Females with symptoms should contact their

primary care provider. The Clinic is part of Preventive Medicine 688-6712.
A satellite clinic is also located at the USS Tranquility (Bldg. 1007).
Free condoms are available at the Fisher Clinic sick call window and in the Preventive Medicine Clinic.

RELATED POLICY

SECNAVNOTE 5300 Human Immunodeficiency Virus / Acquired Immune Deficiency Syndrome (HIV / AIDS) Training Requirement

SECNAVINST 5300.30C Management of Human Immunodeficiency Virus-1 (HIV-1) Infection in the Navy and Marine Corps

SECNAVINST 12792.4 Human Immunodeficiency Virus and Acquired Immune Deficiency Syndrome in the Department of the Navy Civilian Workforce

OPNAVINST 6120.3 Preventive Health Assessment

TRAINING

(Provided by Navy Environmental Health Center—Portsmouth, VA)

SHARP training is designed to increase the competence and confidence of people who will speak with Sailors and Marines about sexual health and responsibility. The goal is to provide no-cost distance learning for educators, instructors, and speakers plus specialized training for healthcare providers and counselors. All courses are free to DoD affiliated personnel. Certificates of completion are issued and continuing education credit is awarded. To become a Registered SHARP Instructor, complete any SHARP self-study course and send in your answer sheet (by fax, mail, or email).

Self-Study Courses available at www-nehc.med.navy.mil/hp/sharp/index.htm:

SHARP Navy and Marine Corps HIV Policy

SHARP Sexual Health Primer

SHARP HIV-AIDS Facts Quiz

SHARP Sexual Partner Counseling and Referral

Classroom Courses (check the above website for schedule):

SHARP Fundamentals of HIV-STD Prevention Counseling

SHARP Sexual Risk Behavior Assessment and Intervention in an Outpatient Setting

SHARP Leadership Briefing

American Red Cross “HIV-AIDS Instructor”

In-service Training: The Naval Hospital Health Promotion Division health educators are available to conduct command GMT and in-service training on prevention and physical readiness subjects. Call 688-2617.

RELATED GMT

FY06 Topic 2-1 Sexual Health: An introduction to HIV, the effects of HIV on lifestyle and career and understanding that HIV is preventable.

FY06 Topic 3-3 Sexual Assault Prevention Program: An introduction to the new Department of Defense policy on prevention and response to sexual assault and the

effect on the Navy's current SAVI program.

www.nko.navy.mil

AWARENESS MATERIALS

The Naval Hospital Health Promotion Division maintains a stockroom of literature and posters at the Wellness Center, Bldg. 2A. These may be used by commands to conduct in-house displays and campaigns at no cost. Call 688-2617.

VI. Mental Health

“Approximately 20 percent of the U.S. population is affected by mental illness during a given year; no one is immune. Of all mental illnesses, depression is the most common disorder. More than 19 million adults in the United States suffer from depression. Major depression is the leading cause of disability and is the cause of more than two-thirds of suicides each year.”

The NRMW Health Promotion Council officially promotes mental health activities during the month of October.

Naval Hospital Mental Health Outpatient Services (MHOS) offer time-limited psychological and/or psychiatric treatment to active duty service members and their families. Staff consists of military and civilian licensed clinical psychologists, board-certified psychiatrists and specially trained military neuro-psychiatric technicians. All outpatient services are covered by the Privacy Act.

An initial evaluation is scheduled to determine individual treatment needs. Group or individual treatment may be offered, with frequency varying from one session or more a week, to once a month. Clinical professionals offer several different support groups to help with anxiety, depression, pain management and stress/relaxation. Service members and their families are referred to these groups after a thorough individual clinical evaluation. Staff can provide educational or training workshops upon request. Please contact the Division Head at the below listed numbers to make an appointment.

Scheduling appointments:

For additional information, or scheduling appointments, call the Mental Health Clinic at 688-2221/4613/2707/4864. Individuals may self-refer (without a consult), may be referred by his or her command, or may be referred by another health care professional.

Eligible beneficiaries:

Active duty personnel and their adult family members from all services in the Ninth Naval District. This includes RTC, NTC, and students from Service School Command

and Naval Hospital Corps School. Individuals under the age of 18 may be assessed on a “case-by-case” basis. Their care is generally undertaken by mental health professionals in the civilian community. Retirees and their family members are also eligible for care.

Fleet and Family Support Center, Bldg. 42

Counseling and Advocacy

Individuals are not required to have an appointment to see a counselor in the Fleet and Family Support Center. Walk-in meetings with the duty counselor are available from 0800 to 1530 Monday through Friday. FFSC counselors normally operate on an appointment system because it is more efficient for them and for the client, but duty counselors are there to meet immediate needs. Those who need to talk to a counselor on short notice should remember that they may have to wait a few minutes as individuals are seen on a first-come, first-served basis.

Anger Impulse Control Class

This class examines the sources of anger and its triggers and explores ways to bring about positive change in the expression of anger. Each class consists of two 2-hour sessions. To register, call 688-3603, ext. 139.

Women’s Support Group

“Enlighten” is a women’s support group that provides participants with new and different ways to express themselves creatively through art. The goal of the group is to promote healing, provide information, and educate participants about the dynamics of domestic violence. The group meets Wednesdays from 1300-1400. All art materials are provided. Call 688-3603, ext. 123.

Spiritual Health

Chapels:

Bluejacket Memorial Chapel	Bldg. 3
Forrestal Village Chapel	Bldg. 2630
Recruit Memorial Chapel	Bldg. 1301
Naval Hospital All Faiths Chapel	Bldg. 200H

Religious Services:

The Command Religious Program Schedule is printed weekly in the Great Lakes Bulletin. Services are offered for the following religions:

Catholic, Protestant, Pentecostal, Church of Jesus Christ of Latter Day Saints

Additionally, Great Lakes chaplains will help members find a place of worship according to their needs.

RELATED POLICY

NTCGLAKESINST 1700.2C Suicide Prevention

TRAINING

In-service Training: The Naval Hospital Health Promotion Division health educators are available to conduct command GMT and in-service training on prevention and physical readiness subjects. Call 688-2617.

RELATED GMT

FY-06 Topic 2-2, Anger Management and Suicide Awareness: An introduction on how to recognize anger and how to manage it, and suicide awareness and prevention.

www.nko.navy.mil

AWARENESS MATERIALS

The Naval Hospital Health Promotion Division maintains a stockroom of literature and posters at the Wellness Center, Bldg. 2A. These may be used by commands to conduct in-house displays and campaigns at no cost. Call 688-2617.

VII. Injury & Violence

“More than 400 Americans die each day from injuries due primarily to motor vehicle crashes, firearms, poisonings, suffocation, falls, fires, and drowning. The risk of injury is so great that most persons sustain a significant injury at some time during their lives.

Motor vehicle crashes are the most common cause of serious injury. In 1998, there were 15.6 deaths from motor vehicle crashes per 100,000 persons.”

The NRMW Health Promotion Council officially promotes injury and violence prevention during the months of July and August.

Naval Hospital Industrial Hygiene Division

Provides surveillance, investigation, and evaluation of workplaces with the goal of reducing or eliminating stressors or conditions that may cause illness, impaired health, or appreciable discomfort and inefficiency. IH is located in the Fisher Medical Clinic, Bldg. 237, 688-4535. Examples of services/information provided:

- Emergency response planning
- Cumulative trauma disorders (repetitive stress injuries, carpal tunnel syndrome)

Family Advocacy Program (FAP)

The Navy Family Advocacy Program is designed to address the prevention, identification reporting, intervention, treatment, and follow-up of child and spouse maltreatment.

Services provided

- Domestic violence
- Safe and confidential ways to seek assistance
- The rights of the Navy spouse
- Military and civilian orders of protection

Support provided

- Crisis intervention
- Safety assessment and planning
- Transportation to shelters, medical, legal and support groups

Advocacy

- With investigative agencies
- In the courts

The FAP is part of the Fleet and Family Support Center, Bldg. 42. FAP hours 0730-1600.

688-3603, toll free 1-888-231-0714

Sexual Assault Victim Intervention (SAVI)

Part of the Fleet and Family Support Center in Bldg. 42, SAVI offers information and referral to survivors of sexual assault. Training resources and assistance are available to commands to implement their own command SAVI program. Contact the SAVI program coordinator at 688-3603 ext. 113.

Great Lakes Police Department

Bldg. 179

Emergency number 688-3333

Non-emergency number 688-5555

Great Lakes Fire Department

Bldg. 106

To report a fire on base: 688-3333

in housing: 911

Non-emergency number: 688-2135

Naval Hospital Occupational Health Division

Provides medical and consultative services with specialization in work-related illness, injury, and health hazards. Located in the Fisher Medical Clinic, Bldg. 237, 688-6712.

Back Safety / Sports Injury Prevention Presentations

Commands may request on-site presentations about back safety or sports injury prevention from Naval Hospital Physical Therapy Department. Call 688-2368.

Physical Therapy

There are Physical Therapy clinics at the Naval Hospital (200H), Fisher Clinic (237), and the USS Tranquility (1007). Services are available in these clinics for TRICARE eligible beneficiaries with referral from their primary care provider.

Orthopedic Clinic—The Orthopedic/Podiatry Clinic provides medical and surgical management of musculoskeletal injuries and diseases, including, but not limited to, fractures, sprains, strains, ligament injuries, and arthritis. Gait analysis and orthotics are also available. Services are available in this clinic for TRICARE eligible beneficiaries with referral from their primary care provider or from their command. Call 688-4427 or 688-3995.

RELATED POLICY

OPNAVINST 5100.23F Navy Occupational Safety and Health (NAVOSH) Program Manual

TRAINING

Family Advocacy POC Training: Offered by Fleet and Family Support Center, this training is for newly appointed Command FAP Points of Contact. Call the FFSC, 688-3603.

SAVI Advocate Training: Offered quarterly at the Fleet and Family Support Center for command representatives and others involved in responding to sexual assault incidents. FFSC 688-3603.

In-service Training: The Naval Hospital Health Promotion Division health educators are available to conduct command GMT and in-service training on prevention and physical readiness subjects. Call 688-2617.

RELATED GMT

FY06 Topic 3-3 Sexual Assault Prevention Program: An introduction to the new Department of Defense policy on prevention and response to sexual assault and the effect on the Navy's current SAVI program. www.nko.navy.mil

AWARENESS MATERIALS

The Naval Hospital Health Promotion Division maintains a stockroom of literature and posters at the Wellness Center, Bldg. 2A. These may be used by commands to conduct in-house displays and campaigns at no cost. Call 688-2617.

VIII. Environmental Quality

“An estimated 25 percent of preventable illnesses worldwide can be attributed to poor environmental quality. In the United States, air pollution alone is estimated to be associated with 50,000 premature deaths and an estimated \$40 billion to \$50 billion in health-related costs annually. Two indicators of air quality are ozone (outdoor) and environmental tobacco smoke (indoor).”

The NRMW Health Promotion Council officially promotes environmental quality awareness during the months of August and November.

Great Lakes Environmental Department

The GLED is the commands' first stop in obtaining environmental services. They will provide guidance on how to navigate services provided by the below activities on base.
688-5999 x140 or x156

Naval Facilities Engineering Command (NAVFAC) Environmental Program

https://portal.navfac.navy.mil/portal/page?_pageid=181,3450865,181_4928872&_dad=portal&_schema=PORTAL

Click on “Products and Services” for description of services and POC information.

Naval Hospital Industrial Hygiene Division

Provides surveillance, investigation, and evaluation of workplaces with the goal of reducing or eliminating stressors or conditions that may cause illness, impaired health, or

appreciable discomfort and inefficiency. IH is located in the Fisher Medical Clinic, Bldg. 237, 688-4535.

Examples of services/information provided:

- Evaluating and controlling environmental lead exposure
- Indoor air quality
- Potentially hazardous agents such as asbestos, pesticides, and radon gas
- Radiation
- Setting limits on exposure to chemical and physical agents
- Hazardous waste management

RELATED POLICY

NTCGLAKESINST 5100.29G, Tobacco Use, Cessation, and Education

OPNAVINST 5100.23G, Navy Safety and Occupational Health (SOH) Program Manual

SECNAVINST 5090.8A, Policy for Environmental Protection, Natural Resources, and Cultural Resources Programs

AWARENESS MATERIALS

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IX. Immunization

“Vaccines are among the greatest public health achievements of the 20th century. Immunizations can prevent disability and death from infectious diseases for individuals and can help control the spread of infections within communities.”

General Information About Immunizations

Immunizations are important tools that help protect the health of military personnel during their service. Whether it is a disease spread person-to-person in recruit training, or from the bite of an infected mosquito during deployments, or from exposure to a biological or chemical warfare agent, vaccines provide a safe and effective means of countering the threats to personal health and military readiness.

www.deploymentlink.osd.mil provides information on specific vaccine-preventable diseases, policies, pre-deployment information, and useful links for more info.

Naval Hospital Immunization Clinic

688-2255 x3249

All TRICARE beneficiaries are eligible to utilize the Immunization Clinic. No appointment is needed. Hours are 0830-1530 Monday thru Friday, but the Clinic closes at 1200 on Thursdays.

Immunizations provided:

- MMR (Measles, Mumps, and Rubella)
- Meningococcal disease
- Typhoid
- Yellow Fever
- Influenza
- Hepatitis B (Convax)
- Hepatitis A
- PPD (Tuberculosis) - *not given on Thursdays*
- TDaP (Diphtheria, Tetanus, and Pertussis for kids under 7)
- Tdap (Tetanus, Diphtheria, and Pertussis for kids age 10 through adults)
- Td (Tetanus and Diphtheria for adults)
- DT (Tetanus and Diphtheria for kids under 7)
- IPV (Polio)

- Varivax (Chickenpox)
- Prevnar (Protects against certain pneumococcal bacteria)
- Pneumovax (pneumonia)
- JEV (Japanese Encephalitis)
- Hib (Haemophilus influenza B)

Clinic 237 (Fisher Medical Clinic) Immunizations Department

688-6712 x5097 POC Pat Chrystal-Goetz

This clinic serves active duty members only. Hours are 0700 to 1500. No appointment needed, members may walk in.

Immunizations available:

Typhoid, tetanus, hepatitis A, hepatitis B, PPD, Polio, MMR, and influenza.

Clinic 1523 (USS Red Rover) Immunizations Department

688-5568 x2

This clinic serves active duty members only. Hours are 0630 to 1230. No appointment is needed, but calling ahead is highly recommended. Immunizations available:

Typhoid, hepatitis A, hepatitis B, MMR, tetanus, yellow fever, meningococcal, influenza, polio, and varicella.

RELATED POLICY

DODI 6205.2 Immunization Requirements

DODD 6205.3 DoD Immunization Program for Biological Warfare Defense

AWARENESS MATERIALS

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X. Access to Health Care

“Strong predictors of access to quality health care include having health insurance, a higher income level, and a regular primary care provider or other source of ongoing health care. Use of clinical preventive services, such as early prenatal care, can serve as indicators of access to quality health care services.”

TRICARE Service Center

The TRICARE Service Center, located on the 5th deck of the Naval Hospital, is open from 0800 to 1700, Monday through Friday. The office provides Beneficiary Service Representatives (BSR) to help service members and their families get the most out of their healthcare benefits, and assign a Primary Care Physician. The BSR will also provide information about the specialized care available at Naval Hospital Great Lakes, and those in the greater Chicago area who are part of the TRICARE health network. Contact the TRICARE Service Center toll-free at 1-877-874-2273 for further information.

TRICARE Benefits Handbook

<http://www.tricare.osd.mil/TricareHandbook/>

The TRICARE Handbook explains the TRICARE health care benefit in detail.

Federal Employee Health Benefits (FEHB)

Information, handbooks, enrollment forms, etc. for health care coverage for federal employees may be obtained at the Human Resources Office (HRO), Bldg. 27, 688-2222.

Federal Employee Insurance Programs: <http://www.opm.gov/insure/>

AWARENESS MATERIALS

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